



Need support  
or help?  
**We're on it.**

## We're here to help make things simpler for you.

We know that managing your health plan benefits and your health isn't always easy. That's why we have a team of people dedicated to helping you. From understanding your claims to estimating costs ahead of time, we're here to help. You may want to know:

- ▶ Is this treatment covered?
- ▶ How much will I have to pay for a test my doctor wants me to get?
- ▶ What does this charge mean on my bill? And why is it this amount?
- ▶ Can you help explain my benefits and what I need to do?
- ▶ If I need to find a new doctor, can you help me?

## Contact us to get help with a personal touch.



**Email:**

Advocate4Me@uhc.com



**Phone:**

We're available Monday through Friday during business hours. You can also call anytime to speak with a Nurse.



To help ensure your privacy, please do not include confidential information in your first email. We will respond to your question using a secure email system.

**This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through the program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

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